

## Lasagna (Rotini) CasseroleR15

Number of Servings: 15 (228.39 g per serving)

Amount	Measure	Ingredient
1 1/2	lb	Beef, ground, hamburger, pan browned, 10% fat
6.00	cup	Sauce, spaghetti, low sod
18.00	oz	Pasta, rotini noodles, enrich, dry, all brands
12.00	oz	Cheese, mozzarella, low moist, part skim, shredded
7.00	Tbs	Cheese, parmesan, dried, grated
1 1/2	cup	Cottage Cheese, 1% fat

### Nutrients per serving

Nutrition Facts	
Serving Size (228g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 440</b>	<b>Calories from Fat 150</b>
% Daily Value*	
<b>Total Fat 17g</b>	<b>26%</b>
<b>Saturated Fat 7g</b>	<b>35%</b>
<b>Trans Fat 0g</b>	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 330mg</b>	<b>14%</b>
<b>Total Carbohydrate 43g</b>	<b>14%</b>
<b>Dietary Fiber 4g</b>	<b>16%</b>
<b>Sugars 14g</b>	
<b>Protein 29g</b>	
<b>Vitamin A 15%</b>	<b>Vitamin C 20%</b>
<b>Calcium 25%</b>	<b>Iron 20%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

### Notes

\* For each pound browned ground beef EP purchase 1 1/3# 90% lean ground beef =  
 \* 8 pounds 90% lean ground beef should be purchased per 50 servings to = ~6# EP (entered into analysis)  
 Cook rotini noodles in boiling water according to directions on package. Drain and store in cold water to keep noodles from sticking. Drain when ready to use.  
 Brown ground beef until meat reaches internal temperature of 155 degrees F. Drain off fat.  
 Add spaghetti sauce and bring to a simmer, stirring occasionally.  
 Combine meat sauce and cheeses and stir until mozzarella cheese is melted. Add drained, cooked noodles. Stir lightly.  
 Pour into 12x20x2 inch counter pan (for 50 serv). Bake at 350 degrees F for 45 minutes to 1 hour.  
 Serve 1 cup serving using an 8 oz ladle or 2 #8 scoops.